The Power of One!
5 Key Messages for Individuals

Together, let’s halt this pandemic

1. Believe only in ‘authentic’ information
   ✓ Rely only on verified information
   ✓ Check official websites for information
   ✓ Do not ‘forward’ non-verified information

2. Early recognition of ‘feeling unwell’ with early referral
   ✓ Recognise fever correctly
   ✓ Recognise breathing difficulty
   ✓ Seek treatment early

3. Wash your hands frequently!
   ✓ Soap and water work best
   ✓ Use hand sanitizer
   ✓ Avoid touching your eyes, nose and mouth

4. Respiratory Etiquette!
   ✓ Cover that cough!
   ✓ Do not allow people to spit indiscriminately
   ✓ Wear a mask properly and consistently

5. Physical Distancing
   ✓ Keep 2-meter distance from others
   ✓ Avoid crowds, crowded places and close contact!
   ✓ Keep windows open when indoors with others

Let each one of us resolve to teach many!
Let us be the change that we want to see.

#OneAgainstCovid

25/06/2021